

Long Distance Caregiving Support Group

**3rd Mondays
7-8:30pm**

This monthly support group will provide the opportunity to learn about resources and to discuss the challenges of long distance caregiving. Participants will share difficult feelings and concerns and talk through ways of coping with them. Self-care, setting boundaries and sharing the care with other family members will be discussed.

Facilitated by Lisa Bakke, Geriatric Mental Health Specialist, the Family Caregiver Support Coordinator at Jewish Family Service.

She holds a Master's Degree in Psychology from Antioch University Seattle and heartily enjoys teaching and facilitating support groups of various kinds. Her own journey loving and losing her mom to Alzheimer's informs and guides the works she does with family caregivers throughout King County .

RSVP: 206.297.0875

Greenwood Senior Center
525 N 85th St, Seattle
www.phinneycenter.org/gsc

 **PNA**
Community Begins Here
Greenwood Senior Center